



COMMONWEALTH of VIRGINIA

Department for the Aging

Julie Christopher, Commissioner

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Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Directors
Area Agencies on Aging

FROM: Julie Christopher
Commissioner

DATE: August 7, 2007

SUBJECT: National Awards for Virginia AAAs!

Congratulations to Virginia's AAAs who have received one of the 2007 *Aging Innovations and Achievement Awards* at the 32nd Annual n4a Conference in San Francisco! This awards program recognizes and showcases innovative and successful aging programs that serve older adults and caregivers in local communities across the country.

Mountain Empire Older Citizens, Inc. and **Senior Services of Southeastern Virginia** have joined **Jefferson Area Board on Aging** (see July 24 Tuesday Emailing for the announcement concerning JABA) in receiving national awards:

Mountain Empire Older Citizen's intergeneration program "Students/Alzheimer's Caregiver/Technology Project: An Intergenerational Initiative to Benefit All Involved" was awarded a n4a Aging Innovation Award. The program began in 2002 and addresses the possibilities of computer use to ease the isolation of caregivers. Teen volunteers are trained in the learning characteristics of older citizens, and the realities of caring for dementia patients. The teens then train older caregivers how to use computers. These caregivers are now able to access information on the internet about dementia, as well as other interests such as hobbies. Caregivers are also able to participate in a local Alzheimer's caregivers' chat room.

The MEOC project was the result of a partnership among: the Wise County School Board; University of Virginia Claude Moore Health Sciences Outreach at Wise; Regional

National Awards for Virginia AAAs!

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Adult Education Program; North East Tennessee – Southwest Virginia Chapter of the Alzheimer's Association; Powell Valley High School in Big Stone Gap; and caregivers. A detailed account of this program and its positive impact on caregivers can be found in Volume 22, Number 3, Summer 2007 edition of *Age in Action*, a publication of the Virginia Center on Aging, the Virginia Geriatric Education Center, and the Virginia Department for the Aging.

MEOC's Physical Activity Project won recognition by n4a and was awarded a 2007 Aging Achievement Award. For further information about these MEOC programs, please contact Marilyn Maxwell, Executive Director at 276-523-4202 or mmaxwell@meoc.org.

Senior Services of Southeastern Virginia (PSA 20) received a n4a 2007 Aging Achievement Award for its innovative Center on Aging. The Center was started in 2002 under the leadership of PSA 20 Executive Director John Skirven and Long Term Care Director Cathy Spriggs as well as the Director of Human Services in Norfolk, Virginia. At the Center on Aging Norfolk Senior Adult Services and Eligibility Services are under the management of Senior Services. Caregivers and seniors in Norfolk now have an effective team in place to provide services and determine benefit eligibility. For further information on the Center on Aging, please contact John Skirven at 757-461-9481 or Cathy Spriggs at CathyS@ssseva.org.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Disease Prevention and Health Promotion Coordinators

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: August 7, 2007

SUBJECT: Fire Safety Funding Opportunity

The Virginia Department of Health, Division of Injury and Violence Prevention is currently accepting proposals to implement the *Get Alarmed, Virginia!* residential smoke detector installation and fire safety education program in local communities such as yours between October 1, 2007 and September 29, 2008. Each proposal selected will be awarded **\$41,000** to put into operation the required activities of the program.

Proposals are due by 3 PM on September 7, 2007.

Funds can be used for:

- purchasing long life lithium battery smoke detectors
- paying staff to install smoke detectors
- purchasing equipment to install detectors such as ladders, drills, etc.
- developing and launching media and marketing campaigns
- limited local travel mileage and office supplies

This is a great opportunity that one of our AAAs, Appalachian Agency for Senior Citizens, applied for and was awarded last year. Organizations that are not fire departments may apply. However, you must include with your application a memorandum of agreement or understanding from your local fire department that clearly states their willingness to train smoke detector installers during the lifetime of the

project. Organizations that received a *Get Alarmed, Virginia!* grant in the past are not eligible for this opportunity.

You may request a copy of the *Get Alarmed, Virginia!* Request for Proposal document from me or from Lenny Recupero, contact information below. Visit the *Get Alarmed, Virginia!* Web page at <http://www.vahealth.org/civp/fire/getalarmedva.asp> for additional information about the program.

Please review the Request for Proposal document very carefully to ensure that your proposal includes all of the requirements as outlined in the RFP. You may contact Lenny Recupero with any questions you have by telephone at (804) 864-7734 or by E-mail at Leonard.recupero@vdh.virginia.gov. Feel free to share this information with other injury prevention providers in your community.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: August 7, 2007

SUBJECT: Dietary Guidelines for Americans Resources

Following are links to helpful resources on the National Resource Center on Nutrition, Physical Activity, and Aging website.

The recently posted and long awaited Nutrition Service Providers Guide (NSPG) provides technical assistance in menu planning, food purchasing, food production, and food service based on the 2005 Dietary Guidelines for Americans (DGAs). The NSPG outlines the Key Recommendations of the 2005 DGAs and provides Program Planning Considerations for OAA Nutrition Programs, Tips for Meal Planning, and Resources for each Key Recommendation. There are also several Sample Menus with Nutrient Analysis provided.

http://nutritionandaging.fiu.edu/DRI_and_DGs/nutrition_service_providers_guide.asp

A consumer brochure highlights how the DGAs may assist older adults to make wise food choices, balance food eaten with energy burned, and get the most nutrition out of their calories. http://nutritionandaging.fiu.edu/DRI_and_DGs/OAbrochure.pdf

A number of Older Adult Health Factsheets are also available for your nutrition education efforts:

Get the Most Nutrition Out of Your Calories
Choose Carbohydrates Wisely

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

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Eat Plenty of Fruits & Vegetables

Know Your Fats

Sodium & Potassium

Play It Safe with Food

For a Healthy Weight, Find Your Balance Between Food & Physical Activity

Be Physically Active

http://nutritionandaging.fiu.edu/DRI_and_DGs/dg_resources.asp

I hope that you find these resources helpful in providing nutrition services to seniors in your area.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Disease Prevention/Health Promotion Coordinators

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: August 7, 2007

SUBJECT: Resources on Low Vision

A brochure called **All About Low Vision: A Guide to the Major Causes of Vision Loss and How to Find Help** is available from Lighthouse International. The brochure includes a fold-out poster with simulations of how the world appears to people with macular degeneration, glaucoma, diabetic retinopathy, and other conditions that cause low vision.

Free copies of the brochure are available by contacting Kimberly Cheng at (212) 821-9566 or kcheng@lighthouse.org

Visit the website at www.lighthouse.org/low for additional information on low vision.

Another good resource on vision impairments may be found at the following link for Vision Aware: <http://www.visionaware.org/>

Vision Aware will offer a **free** online course entitled **First Steps in Vision Rehabilitation for Consumers, Families, and Community Workers**, made possible by a grant from The National Eye Institute's 2007 Healthy Vision Community Awards program. The course will consist of four learning modules and will be limited to 50 participants.

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Recommended participants:

Consumers; family members; personnel in senior centers, assisted living facilities, recreational and retirement facilities, and long-term care centers

For course or registration information:

Contact Maureen Duffy, course instructor and AWARE's Editorial Director, at maureen.duffy@visionaware.org.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: August 7, 2007

SUBJECT: AAA Nutrition Directors Meeting & Training – September 14, 2007

You are invited to the AAA Nutrition Directors Meeting and Training scheduled for Friday, September 14, 2007 in Charlottesville at the Virginia Department of Forestry Central Office. There is no limit on the number of attendees from each AAA; subcontractors are welcome.

Lodging information, registration, and directions follow.

- If you need lodging, you must directly call the Fairfield Inn for guest rooms by August 23, 2007.
- Please complete and return the registration form to me by September 5, 2007.

On the agenda, our guest speaker will be Patricia W. Slattum, PharmD, PhD from the Geriatric Pharmacotherapy Program at Virginia Commonwealth University. She will present on the topic of **Food and Medication Interactions**. In order to make the meeting relevant to your needs, she has asked that you submit in advance concerns, or scenarios that you encounter with food and medication interactions in your nutrition programs or questions that arise from senior participants. Please submit those to me at your earliest convenience.

For the **Best Practices Presentations**, please let me know if you have a best practice or an evidence-based disease prevention-health promotion program implemented in your agency. We would like you or someone from your agency to share the information!

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

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August 7, 2007

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Please contact me with any questions or concerns. I can be reached by telephone (804) 662-9319 or email: Elaine.Smith@vda.virginia.gov.

Feel free to forward this information and invite appropriate staff, consultant dietitians, or contractors.

I look forward to seeing everyone in Charlottesville on September 14th!

TENTATIVE AGENDA

AAA Nutrition Directors Meeting & Training

Friday, September 14, 2007

9:30 a.m. – 3:15 p.m.

Charlottesville

9:30 – 10:00 Registration, Lunch Orders, and Housekeeping Details

10:00 – 10:15 Welcome and Introductions

10:15 – 12:00 Food – Medication Interactions
Patricia Slattum, PharmD, PhD
VCU School of Pharmacy

12:00 – 12:45 Networking Lunch (Café on site)

12:45 – 1:45 Update on Menu Planning Guidelines
Elaine Smith, MS, RD
Program Coordinator, VDA

1:45 – 2:00 Break

2:00 – 3:00 Best Practice Presentations
AAAs

3:00 – 3:15 Closing and Evaluation

INFORMATION SHEET

AAA Nutrition Directors Fall Meeting & Training

Friday, September 14, 2007

9:30 a.m. – 3:15 p.m.

Charlottesville

Location: Virginia Department of Forestry Central Office, Fontaine Research Park, 900 Natural Resources Drive, Suite 800, Charlottesville. Telephone: (434) 977-6555. Directions and maps from Route 64 and from the hotel attached.

Registration Form: *Please fax the registration form to Elaine Smith at VDA by September 5, 2007 even if no one is able to attend from your agency.*

Guest Rooms: Fairfield Inn Charlottesville North

Rooms are being held for September 13. *Call the Fairfield Inn directly (434) 964-9411 by Thursday, August 23, 2007 to reserve a room under "Department for the Aging Group Block."* State rate for one person is \$87.00/night plus 10% tax (\$95.70). A continental breakfast is available. Fairfield Inn Charlottesville North, 577 Branchlands Boulevard, Charlottesville, (434) 964-9411.

Morning Coffee: There is a café in the building if you wish to purchase morning coffee.

Lunch: We'll order lunch after everyone arrives. Each attendee will pay the café directly; prices vary.

Dress: Casual and comfortable.

Swap & Share

If you have information you wish to share, please bring 28 copies so each AAA can receive one copy of each item; I will make sure there is a table to display them this year!!

Examples include: Menus – Nutrition Analysis; Activity Calendars; handouts - brochures – printed materials; innovative materials and best practices; policies and procedures such as:

- Weather related emergencies & other situations that affect service delivery
- Food server or employee health & hygiene
- Procedures for volunteers who deliver meals
- Program evaluation plans, including monitoring of subcontractors
- Any other policies or procedures

REGISTRATION FORM

AAA Nutrition Directors Meeting & Training
Friday, September 14, 2007
9:30 a.m. – 3:15 p.m.
Charlottesville

AAA Name _____ Contact Person _____

Please send Registration Form to Elaine Smith at VDA by September 5, 2007

Fax: (804) 662-9354

Email: Elaine.Smith@vda.virginia.gov

INDIVIDUALS ATTENDING

Only one sheet is needed per AAA!

Please note if any attendees have a disability and need assistance or special accommodations

<u>Name</u>	<u>Title</u>	<u>Email</u>
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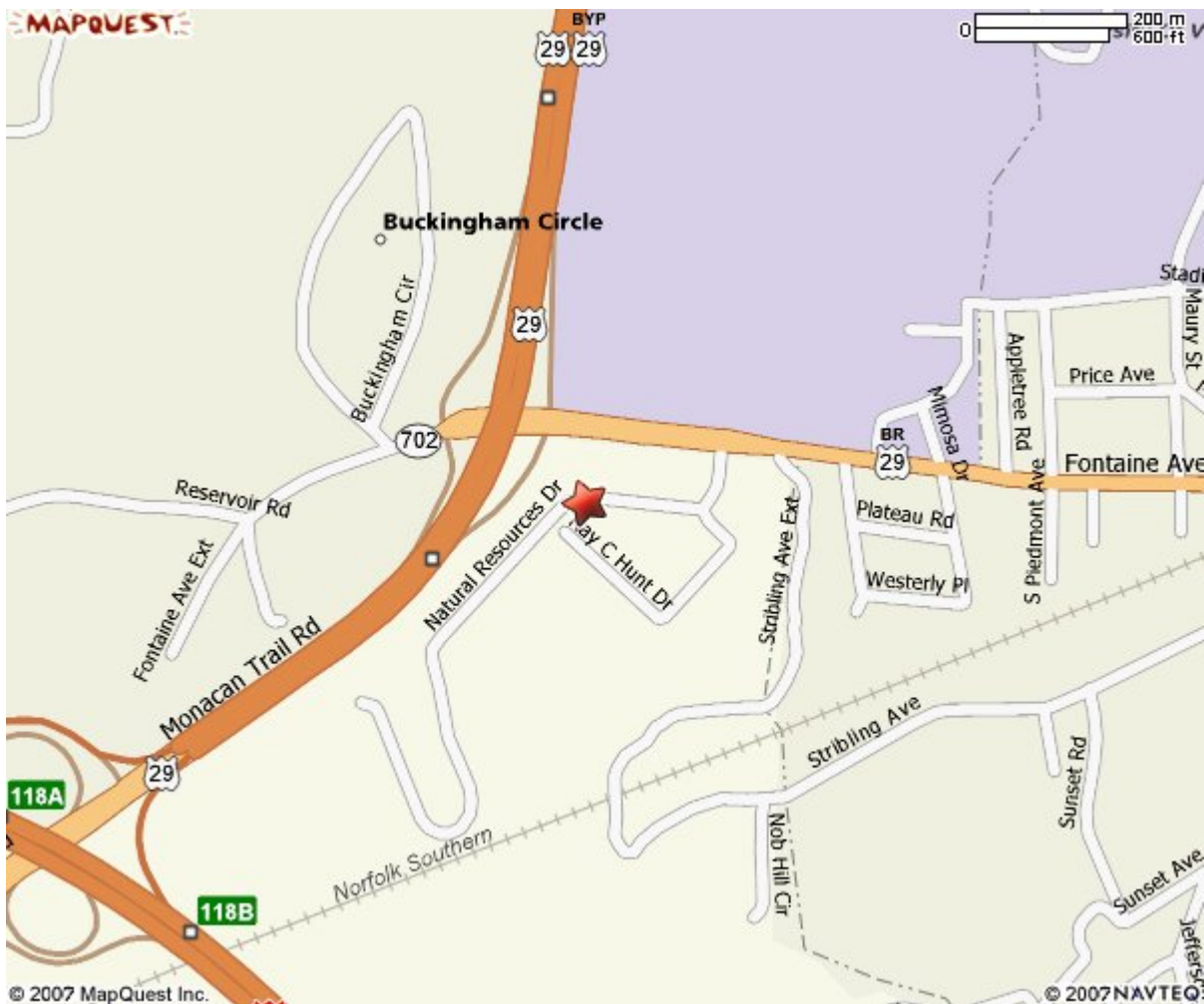
_____ No one from our AAA is able to attend this year.

DIRECTIONS to VIRGINIA DEPARTMENT of FORESTRY

Fontaine Research Park
900 Natural Resources Drive
Suite 800
Charlottesville, Virginia 22903
Phone: (434) 977-6555

Directions from Interstate 64:

1. Take Exit 118B (Charlottesville/Culpeper) off I64.
2. Take the first exit (US29 Business).
3. At end of exit ramp, turn right onto Fontaine Ave and stay in right lane.
4. At traffic light, turn right onto Ray C. Hunt Drive.
5. At stop sign, turn right onto Natural Resources Drive. Stay on this road until you dead end at the Department of Forestry building.



Directions from Fairfield Inn North

577 Branchlands Blvd
Charlottesville, VA 22901
Phone: 1 434-964-9411

1. Start out going Northwest on Branchlands Blvd toward US-29 N/Seminole Trail. (0.12 miles)
 2. Turn LEFT onto Seminole Trail/US-29 S. Continue to follow US-29 S. (1.34 miles)
 3. Merge onto US-29 S/US-29 BYP S toward I-64/ Lynchburg/ Staunton/ Richmond. (3.10 miles)
 4. Take the US-29 Business exit toward Charlottesville. (0.35 miles)
 5. Turn LEFT onto US-29 BR N/Fontaine Ave. (0.27 miles)
 6. Turn RIGHT onto Ray C Hunt Dr. (0.07 miles)
 7. Turn RIGHT to stay on Ray C Hunt Dr. (0.11 miles)
 8. End at Department of Forestry building.
- Total Estimated Time: 8 minutes
Total Distance: 5.37 miles

